

Hopkinton Senior Recreation Committee

Minutes of Meeting of July 20, 2009

Members Present: Marilyn Ceriello Bresaw, Janet Krzyzaniak, Lillian Landry, Don Lane, Justin LaVigne, Allita Paine, Gloria Symonds, Joanne Woodward

Members Absent: George Langwasser

Others Present: Merle Dustin

Call to Order: The meeting was called to order at 1:33 pm by Chairperson Janet Krzyzaniak.

Approval of Minutes: A motion to approve the minutes of the Hopkinton SRC meeting of June 15th was made by Don Lane, seconded by Lillian Landry; members voted in the affirmative.

Business: Organization of Slusser Senior Center Service Corps: Don Lane expressed concern that there is no protocol in place for handling Service Corps requests; he said that a request made 3 weeks ago has not yet received a response. Janet Krzyzaniak stated that there is a 3-ring binder in which copies of all requests are filed. Usually Justin LaVigne receives Service Corps requests, forwards them to Lillian Landry, who forwards them to Don Lane, but this procedure is not always followed and may also be slow. The request in question is from a person who is asking to become involved with the Corps; Lillian Landry said that she has not yet seen this request. Don Lane will draft a protocol for Service Corps requests and send it to Committee members for review.

Committee or Council: At Janet Krzyzaniak's request, Don Lane discussed the possibility of the Hopkinton Senior Recreation Committee becoming the Slusser Senior Center Council. It might be that a council has more leverage than a committee. During the summer, when Justin LaVigne is extremely busy with recreation programs for children, he does not have much time to advance Senior Center activities/issues, as with the Board of Selectmen. It also seems that other senior centers have councils. After discussion by Committee members, it was decided that Justin La Vigne will look into official differences between a committee and a council.

Updates: Barn Storage: The plywood floors are in and the birds are out. Consideration is being given to putting an owl on top of the barn to keep small wildlife out. Tasks to do include: put drop cloths over furniture; move things in the barn into organized groupings; move designated items from the Center to the barn (items for the Fall Sale, bins of decorations) with all soft things being in bins; price items for the Sale. Janet Krzyzaniak, who will be covering Lillian's responsibilities at the Center while she is out having/recuperating from back surgery, will line up people to help do the moving.

Raffle: The raffle will be part of the Fall Sale scheduled for October 3rd. There are two items so far: the American Girl doll with 10 outfits and the lap quilt. More items are needed ASAP so that the raffle tickets can be printed. Committee members are asked for ideas/contacts. Don Lane will ask the Antiquarian Society if the display case can remain at the Senior Center until October 3rd because it is perfect to show and protect the doll/clothes!

Slusser Senior Center Service Corps: Road Work: Mona Lane and Marilyn Patz are going out again to clean Gould Hill Road because the roadside is getting messy again. Another lady has volunteered to clean in the area of the Duston Country Club.

Center's Participation in the 4th of July: Justin LaVigne reported that a ton of people came into the Senior Center because of the rain showers and had the chance to look around, with tours given by Allita Paine and Merle Dustin. He noted that the bake sale, organized and overseen by Joanne Woodward and Judy Sanborn, brought in \$236. Committee members decided that a Cuisinart food processor would be purchased with these proceeds. Joanne and Judy will pick it out at Bed, Bath, and Beyond and Justin or Marilyn Bresaw will make the purchase. Gloria Symonds suggested that remaining funds be used to purchase a base board for the shelves downstairs to prevent ping pong balls from going under them; Justin said that he would see that a base board is installed. Allita and Merle reported that the tours went very well except for one lady who was "appalled" that the Senior Center was so elaborate (with a marble fireplace) and that Hopkinton taxpayers had to support (heat) the Center.

Newsletter: Justin LaVigne reported that he has not received ideas for local advertisers from Committee members, as promised at the June meeting; he has a list of vendors of products and services of interest to the elderly but he needs a list of "locals" from Committee members. Janet Krzyzaniak urged Committee members to forward lists of possible advertisers ASAP, setting the end of this week as a deadline. Members do not need to make contact with the vendors; the newsletter publisher will do that. Joanne Woodward said that the Rebekahs may buy an ad.

NH Conference on Aging: Gloria Symonds reported on a session she and Janet Krzyzaniak attended at the NH Conference on Aging; the subject was diet and exercise with a focus on obesity, a huge health problem across the United States, New Hampshire rating 38th (Mississippi and Alabama being numbers 1 and 2 respectively). Resulting in heart disease, diabetes, and arthritis, obesity is a major factor in the out-of-control cost of Medicare. Revision of the basic food chart was pointed out at the session; it now includes exercise at its base and 8 glasses of water next; many of the foods in the pyramid are described as low fat. Gloria feels that the Slusser Senior Center is doing a good job in offering a variety of well-attended exercise classes.

Road Trips: Justin LaVigne indicated there is no news yet regarding road trips.

Other Business: Red Sox Games: Another trip to a Red Sox game is scheduled in early October. In addition, Janet Krzyzaniak will schedule a Red Sox TV night at the Senior Center soon (pop corn to be included.)

Signs: Don Lane reported that \$2750 of the needed \$4000 is available toward the street sign for the Slusser Senior Center, Library, and Fields. Contact will be made with Robert Nadeau to see if Hopkinton Soccer Ball can contribute. It is also believed that the town of Hopkinton could contribute.

Benefit Dinner: Lillian Landry reported that a dinner to benefit a local family whose home was lost to fire was held at the Center this weekend; unfortunately it was not well advertised and also competed with another public supper in town.

Hints for Providers of Wednesday Senior Lunches: Allita Paine is putting together some helpful hints for those who put on Wednesday meals; it will include suggestions about meal planning/portions, cooking times, contamination safeguards, etc. Once drafted, she will send it out for review/revision by Committee members.

Comments from Merle Dustin: Merle suggested that salad and bread be served family style at Wednesday meals; several of the recent meals have not included bread and most seniors expect it. Some seniors do not eat salad so if it is served on their plates, it is wasted.

Merle asked if the dining room floor could be stripped and polished more frequently as it is showing wear. Justin explained that it is mopped every Tuesday and stripped and polished every 6 months. The Senior Center is allotted 10-12 hours of janitorial services a week; the janitor cleans 5 buildings in town and is only employed part-time. Justin and Marilyn will continue to support his full-time employment with the town in next year's budget. Money from two rentals of the building to date totals \$180; rental funds will be put toward replacing carpet and repainting.

Meal Reimbursement Change: Justin LaVigne reported that reimbursement for food expenditures by Wednesday meal providers will no longer be immediate. Request for reimbursement will need to be submitted to the town for accounting purposes. To date, there are no providers for September and the delay in getting the money they spend on ingredients may discourage some individuals/groups from signing up to cook meals.

Creative Writing: Marilyn Bresaw noted that Natalie Jones knows a person who could offer creative writing sessions at the Senior Center. Committee members agreed this would be great!

Needlework Group: Allita Paine spoke positively of the new needlework group, many of the participants being expert craftswomen (but all out-of-town); Committee members needs to encourage local seniors to attend, learn, and share!

Application In for Firehouse Expansion: Don Lane informed the Committee that Rick Schaefer has submitted an application for \$2.5 million in federal government stimulus money to put a second story on the firehouse and to meet requirements for sleeping quarters, office, storage, a decontamination chamber, etc. The plan is complete as submitted and optimism is high.

The meeting was adjourned at 3:10 pm on a motion by Allita Paine.

The next meeting of the Hopkinton Senior Recreation Committee is scheduled Monday, August 17, 2009, at 1:30 pm, at the Slusser Senior Center.

/AHP

Corrected and approved on 9/23/09 – no 08/17/09 meeting